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Patent Claims:
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1. A method of assisting a user in a medical self treatment, said self treatment comprising a plurality of actions, said method comprising the steps of
• collecting in a one or more databases data representing values of parameters relevant for said self treatment, characterized in that said method further comprises the step of
• processing said one or more databases to provide for alternative choices between two or more actions and a corresponding value for each two or more actions.

2. A method according to claim 1, characterized in that said method further comprises the step of estimating one or more future values for one of said parameters.

3. A method according to claims 1 - 2, characterized in that said step of estimating one or more future values is done on the basis on a dynamic model representing the human metabolism.

4. A method according to claims 2 - 3, characterized in that said method further comprises the step of notifying said user if at least one of said one or more future values are outside a predetermined range of acceptable values.

5. A method according to claim 2 - 4, characterized in that said method further comprises the step of notifying a care-team/professional/central system if at least one of said one or more future values are outside a predetermined range of acceptable values.

6. A method according to claims 1 - 5, c h a r a c -
t e r i z e d in that said method further comprises the
steps of

5   • registering one of said alternative choices selected
        by said user and registering a corresponding value
        specified by said user, and
      • collecting in said one or more databases said
        registered choice and said registered corresponding
10   value.

7. A method according to claims 1 - 6, c h a r a c -
t e r i z e d in that said method further comprises the
step of collecting in said one or more databases data
15 representing the time.

8. A method according to claims 1 - 7, c h a r a c -
t e r i z e d in that said method further comprises the
step of collecting in said one or more databases data
20 specified by a care-team/professional/central system.

9. A method according to claims 2 - 8, c h a r a c t e -
r i z e d in that said self treatment is a self
treatment for diabetes and said one or more future values
25 represents a predicted blood glucose level (BGL) at
different future points in time.

10. A method according to claim 9, c h a r a c t e -
r i z e d in that said parameters comprises one or more
30 of
      • blood glucose level (BGL),
      • amount of administered medication,
      • amount of administered insulin,
      • type of medication,
35   • time stamp,

* amount of intake of food,

* amount of intake of drinks,

* measurement of physical activity,

* insulin sensitivity,

5 * temperature,

* blood pressure, and

* weight of said user.

11. A method according to claims 1 - 8, c h a r a c t e -

10 r i z e d in that said parameters comprises one or more
of

* body fluid concentration,

* amount of administered medication,

* type of medication,

15 * time stamp,

* amount of intake of food,

* amount of intake of drinks,

* measurement of physical activity,

* insulin sensitivity,

20 * temperature,

* blood pressure, and

* weight of said user.

12. A method according to claim 11, c h a r a c t e -

25 r i z e d in that said method relates to one or more of
the following medications:

* insulin,

* growth hormones,

* OHA (Oral Hyperglychemical Agent), and

30 * HRT (Hormone Replacement Therapy).

13. A method according to claims 1 - 12, c h a r a c -
t e r i z e d in that said alternative choices are
selected from the group of

35 * administer slow acting insulin,

- administer fast acting insulin,
- administer tablets,
- exercise,
- intake food, and
5 - intake drinks.

14. A method according to claims 1 - 13, c h a r a c -
t e r i z e d in that said method further comprises the
step of controlling data information between a plurality
10 of portable apparatuses for use by a patient for medical
self treatment, the treatment including a first action
and at least a second action, said portable apparatuses
comprising a first apparatus for performing the action
operation, and at least a second apparatus for performing
15 the second action, where
- each apparatus belonging to the medical self treatment
  has means for one or more of the following: storing,
  transmitting, receiving, processing and displaying
  information,
20 - an attempted data communication between said
  apparatuses is initiated on request, said
  communication being controlled by a functional master
  module,
- designating said functional master module among at
25 least two of said apparatuses, and
- designating a processing apparatus comprising said one
  or more databases among at least two of said
  apparatuses.

30 15. A method according to claim 14, c h a r a c t e -
r i z e d in that program information having the highest
priority with respect to control and monitoring of mutual
data communication between said apparatuses is
stored/activated in said functional master module.

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16. A method according to claims 14 - 15, c h a r a c -
t e r i z e d in that said method further comprises
designating a new functional master module if the current
designated master module becomes unavailable.

17. A method according to claims 14 - 16, c h a r a c -
t e r i z e d in that said method further comprises
designating a new processing apparatus if the current
designated processing apparatus becomes unavailable.

18. A method according to claims 12 - 17, c h a r a c -
t e r i z e d in that said method further comprises the
step of receiving said data representing values of
parameters relevant for said self treatment from one or
more of said portable apparatuses.

19. A method according to claim 12 - 18, c h a r a c -
t e r i z e d in that said method further comprises the
step selecting one or more portable apparatuses which is
present and active from all the portable apparatuses and
presenting corresponding choices only for the selected
one or more portable apparatuses.

20. A computer system having means for executing a
program, where the program when executed is to make the
computer execute the method according to claims 1 - 19.

21. A computer readable medium having a program recorded
thereon, where the program when executed is to make the
computer execute the method according to claims 1 - 19.